



THERAPEUTIC RECREATION

Programs for Individuals with Disabilities

WINTER 2013



Phone: 240-777-6870 | TTY: 240-777-6974
montgomerycountymd.gov/rec

Therapeutic Recreation Camps

Summer Camp registration begins in January! Camps that are FUN, develop positive peer friendships, and improve self esteem, are waiting here for you! We offer age appropriate activities in an exciting safe and supportive setting.

Our theme weeks encourage self expression in a caring and structured environment. Campers attending full day programs must bring their lunches.

TRANSPORTATION: If attending ESY, contact your teen's school to arrange transportation to camp.

Camps will not meet on July 4.



FACILITY LOCATIONS

Germantown Indoor Swim Center 18000 Central Park Circle, Boyds

Montgomery Aquatic Center 5900 Executive Blvd., N. Bethesda

Martin Luther King Swim Center 1201 Jackson Rd., Silver Spring

Olney Indoor Swim Center 16605 Georgia Ave., Olney

Bauer Drive Community Center 14625 Bauer Dr., Rockville

Damascus Community Center 25520 Oak Dr., Damascus

Germantown Community Center 18905 Kingsview Rd., Germantown

Longwood Community Center 19300 Georgia Ave., Brookville

Potomac Community Center 11318 Falls Rd., Potomac

Upper County Community Center 8201 Emory Grove Rd., Gaithersburg

Wheaton Community Center 11711 Georgia Ave., Wheaton

Holiday Park Senior Center 3950 Ferrara Dr., Wheaton

Inwood House 10921 Inwood Ave., Silver Spring

MCRD Field 4010 Randolph Rd., Silver Spring

Special Events

Teens and Adults, ages 15 and up, with disabilities. Programs provide a safe, positive and fun recreation experience for all individuals. Appropriate social behavior is stressed. Transportation must be arranged prior to the event and is the responsibility of the participant, parent or guardian.

Bring ID for check-in. A registration form is required; Pre-registration encouraged.

Theme Dances

DJ, light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Dressing to the theme is encouraged, but not required.

\$8.00 pre-registered

\$10.00 at the door

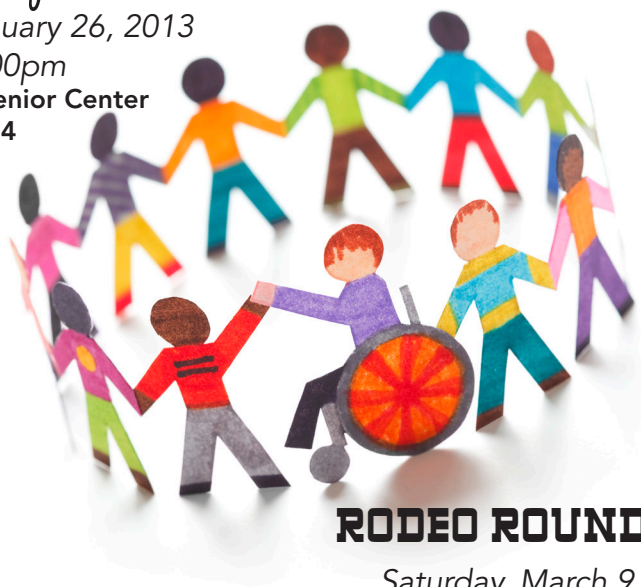
Viva Las Vegas

Saturday, January 26, 2013

7:00pm -10:00pm

Holiday Park Senior Center

Course #344094



RODEO ROUND UP

Saturday, March 9, 2013

7:00pm -10:00pm

Holiday Park Senior Center

Course #344095

Exercise and Movement

Karate for Individuals with Disabilities

Youth & Adults, Ages 6 and Up. Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm and leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students should attend 9:00am class.

10 Sessions \$90, Instructor: TKA, Inc.

344068	Holiday Park SC	1/5	Sa	9:00am - 9:45am
344069	Holiday Park SC	1/5	Sa	10:00am -10:45am

E-Z Hip Hop

Designed especially for individuals with developmental disabilities. Join the fun and exciting dance moves to the beat of hip hop music. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

Ages 7-14:

6 Sessions \$45, Instructor: Sue E. Green

344060	Holiday Park SC	1/5	Sa	9:00am - 9:45am
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Ages 15 and Up:

10 Sessions \$75, Instructor: Sue E. Green

344061	Holiday Park SC	1/5	Sa	11:00am -11:45am
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Fun Rhythm & Roll

Ages 15 and Up with disabilities:

Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

10 Sessions \$75, Instructor: Sue E. Green

344064	Holiday Park SC	1/5	Sa	10:00am -10:45am
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Moving With Multiple Sclerosis

Ages 18 and Up with Multiple Sclerosis. Exercise helps maintain flexibility in joints. Muscle strength relaxes the body and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48, Instructor: Mike Alalof
344070 Germantown CC 1/13 Su 1:00pm - 2:00pm

Slow 'n Easy Aerobics

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35
344082 Wheaton CC 1/7 M 7:00pm - 8:00pm
344083 Potomac CC 1/10 Th 7:00pm - 8:00pm
344084 Damascus CC 1/10 Th 7:00pm - 8:00pm
344085 Bauer Drive CC 1/10 Th 7:00pm - 8:00pm



Turn the Beat Around

Ages 15 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow one and two-step instructions. 1 staff to 10 participants.

8 Sessions \$35
344100 Upper County CC 1/9 W 7:00pm - 8:00pm
344101 Wheaton CC 1/10 Th 7:00pm - 8:00pm

TR Yoga Basics

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breathing awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions \$80 Instructor: Irene Bopp
344098 Bauer Drive CC 1/8 Tu 4:30pm - 5:30pm
344099 White Oak CC 1/10 Th 1:30pm - 2:30pm

Leisure Skill Programs

Kaleidoscope Art

Ages 13 and Up with disabilities: A structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified art teacher with experience working with individuals with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions \$45
344085 Germantown CC 1/12 Sa 12:30pm - 2:00pm

On The Move

Ages 16 to 24 with disabilities. Trips in the community by Ride-On Bus (should purchase smart card or use Metro Access Card) to downtown Rockville, Wheaton and other locations. Center based activities that include cooking, games, computer lab and more. Participants must have communication skills, basic money management skills, and ability to travel safely and know how to have fun! All fees are to be paid by EACH participant.

6 Sessions \$80
344072 Bauer Drive CC 1/12 Sa 12:00pm - 4:00pm



Beginning Handbuilt Pottery for Adults

Ages 18 and Up with disabilities: Hand building techniques include decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 materials fee due instructor. No personal care provided. 1 staff to 10 participants.

8 Sessions \$70, Instructor: Pamela Reid
344059 White Oak CC 1/8 Tu 7:00pm - 8:00pm
344056 Wheaton CC 1/9 W 1:30pm - 2:30pm
344057 Wheaton CC 1/9 W 2:30pm - 3:30pm
344058 Ross Boddy CC 1/10 Th 10:30am -11:30am



Watercolor & Drawing Exploration

Ages 18 and Up with disabilities: Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore.

Participants should be able to follow one and two-step instruction. \$15 materials fee due instructor. 1 staff to 10 participants.

8 Sessions \$70, Instructor: Vivienne Cho

344103 Wheaton CC 1/10 Th 10:00am -10:45am

TR BIG Game Nights

Ages 13 & Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Board games, cards, Bingo, and more! Program meets second and fourth Fridays of the month. No personal care provided.

Meets 1/11, 1/25, 2/8, 2/22, 3/8. 1 staff to 5 participants.

5 Sessions \$40

344092 Holiday Park Sr. Ctr. 1/11 7:00pm-9:30pm





Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____
 Address _____ City _____
 Home Phone () _____ Work Phone () _____

PARTICIPANT'S: Address _____ City _____
 (if under 18 years) Mother's Name _____
 Home Phone () _____ Work Phone () _____
 Father's Name _____
 Home Phone () _____ Work Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity

*If you are a non-resident, include an additional \$15.00 per participant in the fee.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road
☐ Master Card ☐ Visa Card No. _____

CARDHOLDER: Name (print) _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or death. The County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to the use of his or her likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made during the program. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____



icated.

_____ Email _____

_____ State _____ Zip _____

) _____ Cell Phone () _____

y _____ State _____ Zip _____

_____ Email _____

() _____ Cell Phone () _____

_____ Email _____

() _____ Cell Phone () _____

Activity Name	Course Number	Location	Start Date	Start Time	Fees*

for each activity.

ad, Silver Spring, MD 20902.

Total Amount Due:

\$

_____ Expiration Date _____

_____ Signature _____ Date _____

If you need help completing this form, please call 240-777-6840.

damages arising from participation in the program. Due to the strenuous nature of some activities, the County
at consents to emergency treatment. The participant also consents to the County's use of the participant's image and
le of the participant's voice in whatever way the County desires, including television print and Internet websites.
y of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program.

_____ Date _____

Aquatic Classes

Adult Swim

Ages 18 and Up with disabilities. Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. No personal care assistance provided. 1 staff to 7 participants.

8 Sessions \$37

344052	MLK Swim Center	1/8	Tu	8:00pm - 9:00pm
344054	Germantown ISC	1/9	W	8:30pm - 9:30pm
344055	Olney Swim Center	1/11	F	7:00pm - 8:00pm

TR Swimming with Multiple Sclerosis

This is a swimming and aquatic exercise class for people with MS and other disabilities who want to work on their fitness and flexibility in an aquatic environment. No personal care provided. Please call and let us know if you need any special accommodations i.e., help transferring etc. Call 240-777-6870 and ask for a TR Rec Specialist. 1 staff to 6 participants.

8 Sessions \$48

344097	Kennedy Shriver AqCtr	1/10	Th	8:30pm - 9:30pm
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Water Aerobics - TR

Ages 18 and Up with disabilities: If you need to get into shape, then this slow paced aerobics class, done in shallow water to cushion feet, knees and back, is for you. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning.

8 Sessions \$63, Instructor: Peggy Brower

344102	MLK Swim Center	1/13	Su	4:00pm - 4:45pm
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MISSION STATEMENT

The Therapeutic Recreation Team provides accessible leisure, educational and personal development activities for individuals with disabilities through mainstreaming and adaptive programs.

Team Sports

TR Basketball League

Ages 18 and Up with disabilities:

TEAM PRE-REGISTRATION

REQUIRED (minimum 8, maximum 15 per team). A registration form must be submitted with each participant.

Each agency must provide a Team Manager/Coach to oversee individual practices and Official League Game Days.

8 Sessions \$50

344225 Mid County CC

1/13 Su 12:00pm - 5:00pm



Weekend Adult Social Clubs

Adult clubs are designed to enhance community participation, skill development, and decision making skills. Activities are detailed in a Calendar of Events that include outings to restaurants, theatres, sporting events, and more! All club participants should have basic money management skills and be able to indicate basic needs. Club program/activity fees are separate from the membership fee and will be listed in the club calendar.

Membership Process

To be a club member, simply fill in the name of the club on the registration form, choose the type of membership, and pay the amount. Winter schedule will begin in January. You will receive a Calendar of Events that will have barcodes for each activity.

Active Adults Club

Ages 21 and Up with developmental disabilities. Events require members to actively participate in community trips and group activities. 1 staff to 5 participants.

Average 2 -3 activities per month.

Winter Membership Only (January - March) \$40.00

Leisure Times Club

Ages 21 and Up with developmental disabilities. A new break-out group from the Active Adults Club;

members will participate in similar community trips and group activities, but at a more relaxed pace. 1 staff to 5 participants.

Average 2 -3 activities per month.

Winter Membership Only (January - March) \$40.00



Weekenders Club

Ages 21 and Up with learning disabilities. This club serves independent members in group activities that are socially exciting in the community. 1 staff to 6 participants. Average 2-3 activities per month.

Winter Membership Only (January - March) \$40.00

Socializers Club

Ages 21 and Up with learning disabilities, physical disabilities, vision and/or hearing impairments. 1 staff to 10 participants.

Base meeting site: Inwood House.

Average 1 activity per month.

Winter Membership Only (January - March) \$20.00

VOLUNTEERS NEEDED!

Support individuals with disabilities as a Therapeutic Recreation (TR) Assistant or a Mainstream Companion. A TR Assistant provides general assistance and support in a Therapeutic Recreation class or special event for individuals with disabilities. A Mainstream Companion provides encouragement and assistance to a child or adult to integrate into one of the general recreation programs.

Call the Volunteer Coordinator at 240-777-6870.

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential. Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion. Email: rec.mainstream@montgomerycountymd.gov.

Ways to Register

- RecWeb online: montgomerycountymd.gov/rec
- Fax: 240-777-6818 (payment by VISA or MasterCard)
- Mail or Walk In: Registrar, 4010 Randolph Road, Silver Spring, MD 20902

Payment Information

Full payment is due with registration. Non-county residents pay an additional \$15 per participant per activity. If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

Requests for withdrawal must be submitted in writing. If your written withdrawal request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received.

In addition, all refunds and all written withdrawal requests received seven days or less before the start date of the program are subject to a \$20.00 withdrawal fee.

Recreation Department Late Pick Up Policy

An overtime fee of \$10 for each fifteen minutes (or portion of 15 minutes) is assessed regardless of the reason for being late. Payment is due at the time of pick up. Individual may not participate in future activities until late payment is made.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA).

If you need auxiliary aids or services, please call a mainstream facilitator (240-777-6870) to discuss your needs.

5 Ways To Have Fun This Winter!

Family Entertainment & Exciting Trips

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program offered throughout each season and leave the driving to us.

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair or Individual Pool Pass.

Total REC Pass

TOTAL REC PASS, you have access to all Montgomery County Recreation Facilities! Swim at Pools, Exercise at Community Centers, Gym Pass!

Rent a Room

Have your next Party at a Community Center. Affordable rates, tables and chairs supplied.

Winter Hike

Dress warmly and take a hike through one of the many parks in the county.





Therapeutic Recreation
4010 Randolph Road
Silver Spring, Maryland 20902



WINTER 2013

Mailing List Update

We are currently updating our mailing list.

To add or remove your name from our list, please call 240-777-6870, or send an email to rec.mainstream@montgomerycountymd.gov